



**Maricopa County Employee Benefits**  
**How to Come Prepared for your Biometric Screening**  
**Updated: 03/08/11**

Now that you have made your appointment, please review the following information thoroughly to prepare you for your Biometric Health Screening (Screening), conducted by CIGNA Onsite Health. The Screening's purpose is to provide you with health information so you can make informed decisions about your health.

Your private, confidential Screening includes: blood pressure; body composition measurements (i.e., height, weight, waist circumference, percent body fat, and Body Mass Index [BMI]); and a non-fasting blood draw (finger stick) that measures Total Cholesterol, HDL (good cholesterol), calculated Risk Ratio, and blood sugar (glucose). The measurements will be collected by a biometric screening professional, and your results will be discussed with you by a qualified health educator at the end of the Screening.

1. At the Screening, you will be asked to complete a Personal Health History Questionnaire (Questionnaire). The Questionnaire is a list of questions about your health history. As an example: "Do you have a history of diabetes?" Please be prepared to answer questions like this. Most of the questions can be answered with either a 'yes' or 'no' response. These questions will be asked verbally and your responses will be entered into a secured database that is managed by CIGNA. A copy of the Questionnaire will be included in your appointment reminder for your review, and it is available on the [Biometric Screening, Health Assessment & Non-Tobacco User Premium Reduction web page](#).
2. Also, as part of the Questionnaire, you will be asked "What medication(s) are you taking?" You do not need to know the specific brand name of the medication(s) you are taking; only what the medication(s) are for (diabetes, high blood pressure, high cholesterol, etc.). Please be prepared to answer these questions.
3. You will be asked to sign a Consent Form. The purpose of the Consent Form is to release Maricopa County, CIGNA HealthCare, CIGNA Onsite Health, and/or Magellan from any liability due to your participation in the Biometric Health Screening, the Questionnaire or from the data derived from the Screening. Please note, that your confidential individual health data is protected by State and Federal Regulations, such as the Health Insurance Portability and Accountability Act (HIPAA). Maricopa County personnel will never see your confidential "protected" individual health results. A copy of the Consent Form will be included in your appointment reminder for you to download, complete, and bring with you to your appointment, and it is available on the [Biometric Screening, Health Assessment & Non-Tobacco User Premium Reduction web page](#).
4. You do not need to fast for the laboratory portion of the Screening; however, you will be asked by the screener if you have consumed food or drink within the last eight hours. This is because the range of values for blood sugar (glucose) levels differs between fasting and non-fasting individuals.

5. The screeners will be measuring your body composition with a body composition analyzer called the Tanita. In order to obtain the most accurate body composition results, the following must occur:
  - a. **You must be measured in bare feet.** Therefore, you will be asked by the screener to remove your shoes **AND** socks/stockings/nylons, so please come dressed appropriately. All screening equipment is cleaned and sanitized prior to your screening appointment.
  - b. It is important to be well-hydrated; make sure you drink plenty of water prior to your screening and omit any alcoholic beverages or salty foods 24 hours in advance of your screening appointment.
  - c. It is also recommended that you do not exercise 24 hours in advance of your screening appointment.
  - d. If you are on medication(s), please continue to take your medication(s) as prescribed.
6. For law enforcement employees, please be aware that any additional equipment worn (duty belt, weapons, flashlight, handcuffs, etc.) will show a skewed measurement due to the additional weight. It is also a more challenging process for the screener to maneuver around the duty belt when taking waist measurements. It is recommended to wear civilian clothing during the screening process, if at all possible.

If you have questions, please call the Wellness Program Coordinator, Janet Russell, at 602-506-3758, or send an email to [employee\\_wellness@mail.maricopa.gov](mailto:employee_wellness@mail.maricopa.gov). Also, Frequently Asked Questions (FAQ), along with a video, are available on the [Biometric Screening, Health Assessment & Non-Tobacco User Premium Reduction web page](#).